

PP 003 Peds News – Sleep III - Delaware

Back for our final sleep episode (for now), featuring teen sleep issues.

We enjoy taking care of teens and young adults, but once they have their own 401K it's past time to move to the adult medical world!

In the News....

Study #1

While it is well-documented that rude doctors who fail to listen to and respect their patients often render suboptimal care, researchers in Israel recently published a study in *Pediatrics* demonstrating that when parents are rude to their pediatric caregivers, it often leads to worse care, which may be harmful, or even deadly, to their children. The implications are enormous, as a Johns Hopkins study estimates that over 250,000 deaths a year in the US are attributed to medical errors. This is the third leading cause of death in the U.S.

This rudeness effect on performance is not solely in medicine – it is seen in the business and teaching world.

So...BE NICE TO YOUR PATIENTS, COLLEAGUES and PEDIATRIC CAREGIVERS – YOUR loved one's lives may depend on it!!

07:20: Study # 2 from JAMA Pediatrics from February 2017, on preventing childhood eczema

In this study Dr.Xu et al from Northwestern University , (the 2016 pin stripe bowl and FBS NATIONAL champions (kinda). found that daily full-body moisturization of babies at high risk for developing eczema , starting from a few weeks of life until 6 months of age, can markedly decrease the incidence of later developing eczema. This builds on similar studies in the US and UK. Matt is obsessed with dilute bleach bath therapy for eczema. (Listen for tip)

Break 12:45 ADS

See's Candy
Crocs!

17:25 Sleep III

Disclaimer AGAIN!

We are sharing our own personal opinions on pediatric care. Always talk to your own pediatric caregiver about your child. Pediatric caregivers should always consult expert guidelines and consider their own community's standards of care

Sleep is everything and lack of it affects increases the risk of and severity of all pediatric maladies, including obesity, constipation, headaches, and especially mental health

Matt discusses the three states of being: awake, non-REM sleep and REM (dream) sleep.

- Wakeful state
- Non-REM sleep
- REM sleep

21:40 Teen Sleep

In puberty, a teen's circadian rhythm shifts to later, with huge implications for teen sleep at the same time that homework also may increase tremendously. It is vital to get a detailed teen sleep history for school days AND for weekends and holidays. Rob likes having the parents in the room

for that part, because they call their kids out when their teens often do not reveal their TRUE sleep habits.

Dr Owens ' classic description of teen "social jet lag" every Monday morning.

Given the natural shift in teen's circadian sleep rhythms, school for teens should never start before about 8:30 AM , and that's exactly what the American Academy of Pediatrics (AAP) recommends, starting in 2014. This works, despite financial barriers. Sadly, only about 20% of middle and high schools have shifted to later start times.

In counselling teens on better sleep hygiene, can tell them about Seinfeld's "Morning Jerry" and "Night Jerry "routine!

29:35 THE SIX TEEN SLEEP COMMANDMENTS! (no singing on this)

They work, and teens get really annoyed at some of them.

Stop selling coffee in high schools!

34:40 Other sleep disorders in older kids

Narcolepsy and the related cataplexy

Restless leg syndrome ("the Jimmy legs") Jon Stewart has this. Reminds us of Muhammad Ali vs Inoki.

Snoring is not a rare in kids. We discuss tonsillectomies some more!

We do not miss the infant home apnea monitors!!

Rob's favorite sleep syndrome is the Mike Birbiglia syndrome, otherwise known as rapid eye movement behavior disorder , where you physically act out your dreams. Sometimes in La Quinta hotels.

39:20 DELAWARE

We love Delaware. December 7, 1787 a date which will live in infamy – Delaware is the first state to ratify the constitution. Musings on why Delaware pushed to be the first.

NO sales Tax!

Finally, *the Delaware Pause*.

42:20 TEEN INSOMNIA

For insomnia, a good physical exam and sleep history is a must , and may want to screen for thyroid issues and anemia which is also a perfect opportunity to check cholesterol/ lipid screen, and perhaps even HIV.

Secondary insomnia causes include medications, poor sleep hygiene, blue light from screens and especially depression and anxiety , which are common in teens

The real reason Jon Stewart left The Daily Show.

The 6 sleep commandments, mindfulness, sleep masks and earplugs. Sleep environment is key..

Anxiety, cognitive behavioral therapy. Challenges with children/teens with developmental differences.

Melatonin, Benadryl, hydroxyzine, Nyquil, clonidine, trazodone.

Good pediatric psychiatrists are an endangered species.

OK that's it for sleep – hopefully some of it may be helpful to your families or patients.

Goodnight , Moon

End 55:04

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